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NORTH COAST JOURNAL OF POLITICS, PEOPLE & PROGRESS

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A *Walk* Around the *County*

Photos from a hike a day
during shelter in place

BY MARK LARSON

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NEOWISE Comet

Months of Pandemic
And now this Comet,
Beneath the Big Dipper.
One faint light stroke
Is apparently moving
Nowhere in particular.
Billions of Stars
Appear indifferent,
As my mind races.
Calm it down
Is now my motto
Racing into the night.

— Kirk Gothier

Read more about Comet NEOWISE
on pages 5, 6 and 20.

On the Cover

Temporary bridges cross the Eel River in the summer. This one gives access to the Garden Club of America Grove from Avenue of the Giants. Photo by Mark Larson.

NCJ

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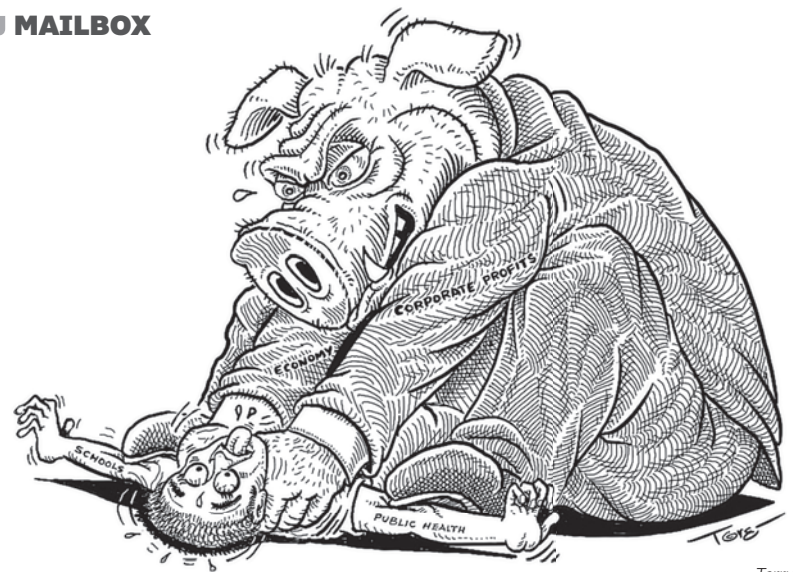
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NCJ MAILBOX



Terry Torgerson

‘A Reasonable Sacrifice’

Editor:

Supervisor Rex Bohn, who has long supported our youth baseball league, spoke at the last Board of Supervisors meeting to growing economic fear in the small business community due to the impacts of the Coronavirus. As to our recent spikes in cases (eight in one day), Teresa Frankovich, the county's health officer, said the county is seeing more travel-related cases, from residents traveling out of the area and contracting the virus ("Closed ... Again," July 16).

As reported in both the *Times-Standard* and the *Lost Coast Outpost*, the Humboldt Eagles and the Northern Humboldt Giants of our local youth baseball league have said they will continue their schedule of away games, outside of the county.

It would seem that if Supervisor Bohn is concerned about the economic impact of COVID-19, he would do all he can to convince youth baseball, that whether they chose to follow county guidelines that call for suspending all group sports activities locally or not, that it is imperative they suspend out-of-county travel for the balance of the season. Seems like a reasonable sacrifice on the part of the teams to save both lives and livelihoods!

Richard Salzman, Arcata

‘Utter Ignorance’

Editor:

Apparently it doesn't faze Supervisor Rex Bohn to betray his utter ignorance of government. In the article, "Closed ... Again," he is quoted responding to Sheriff William Honsal's statement that many businesses have to close again. Sounding like a sixth grader learning civics, Bohn asks, "Does the governor really have the power to do this?"

Yup, Rex, our governor really does have that authority. In case you forgot, the position he holds is the highest elected role in the state. Remind me, how old are you? Ten?

I'd like to think our legislators were at least minimally informed on how the government functions. Dream on.

Louisa Rogers, Eureka

‘Doomed’

Editor:

Regarding the July 16 story "Closed ... Again," I fear that we are doomed.

I had to use the Burree Laundromat yesterday. Despite big signs on both sets of doors, and an attendant who tried to enforce it, five customers blundered in while I was there (perhaps two hours in duration) without any mask, or one drooped below the nose. One said she didn't care when challenged to adjust hers

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to cover her huge proboscis!

Later that afternoon, I cut through the basketball courts in Hammond Park (14th and F streets) and was amazed to see a half dozen adult men, mostly in their 50s or older, coaching teams of five teen girls each in close contact ball plays. When you add in the 10 late teen boys playing full court along side them, about 40 folks were on the courts, and perhaps six to eight had masks on, or even in evidence. I confronted one older coach about the legality of this, and he said it's OK if you have a mask on, and he withdrew one from his pocket and put it on. His young charges stood there without responding at all! I called 911, was told that they were already responding to a previous complaint call and that I'd receive a call-back to report the outcome. No return call was made to me.

Finally, today in my community garden, a young mother and her toddler mixed in close contact with another garden member and her dog, none with a mask on and in clear violation of social distancing. Expect many more local cases reported, and local businesses re-shuttered again and again before this global pandemic finally subsides.

Fred Krissman, Eureka

Don't Blame Trump

Editor:

I realize that in California it's de rigueur to blame Trump for everything that's wrong in the world. COVID -19 is no exception, but even our so-called experts can't agree what to do about it (Mailbox, July 16). However, no doubt if Biden wins in November the crisis will fade away.

Also one should take the reported escalating numbers of the infected and dead with a jaundiced eye. For example, the widow of an astronaut recently passed away from the virus, the fact that she was 100 years old had nothing to do with it. And yes, we should just "live with it" as it's going to be around for a long time.

Richard C. Brown, Eureka

Blame Trump

Editor:

"Agent Orange" said if we slow down testing, we will have less Covid-19. If we ingest Lysol, we will avoid the Trumpflu. After all, it is a hoax. Just a Dem plot to get rid of him.

Whatever this pandemic is, it has been

NEOWISE

A faithless comet promised luck
To Bonaparte's far-reaching eye.
The wavering Creeks watched, thunderstruck,
Tecumseh, pointing to the sky.
Pantribalism! Slavs undone!
The comet passed behind the sun.
In his Pleasure Garden sits
An old man, talking with a bird.
Beyond the roses, Covid spits
On the vast, unruly herd.
Sounds of the Space Force bombardier
Assail his fine musician's ear.
Now, in prophetic exercise,
A comet visits, tail unfurled.
What wisdom comes with Neowise
To our self-consuming world?
The old man studies (bird deployed)
The plasma streaming toward the void.

— Ellen E Taylor

handled very poorly by this administration. The narcissistic bully in charge refuses to accept reality/science. He calls the press the enemies of the people and he pulls conspiracy theories out of his butt. He idolizes dictators and would like to become one. He has probably never had a true friend so he doesn't know how to treat one. He appoints incompetent friends to posts that they know nothing about because he knows all about everything. He is destroying our environment and selling off public lands. He is opening sacred lands to fracking.

There was proof that Russia hacked into our 2016 election, but you cannot hack a mail in ballot. Maybe that is why he is spreading lies about them and the paper proof they provide. He is a master of repeating falsehoods over and over and over again with a belief that they will eventually become truths. He pardons his wealthy cohorts that were proven guilty, but jails innocent children at the border. He holds political rallies on the south lawn of the White House. This man has no class at all. I sure hope he loses in November so we can throw him in jail.

Robert Thoman, McKinleyville

Vote!

Editor:

It's official! All registered voters in the State of California will receive a ballot

in the mail for the Nov. 3 election, even if they didn't check the vote-by-mail box on their voter registration application ("The Biggest Challenge," July 2).

To be ready to vote, make sure your mailing address is correct, and it may be different from your home address. Your home address determines what precinct you vote in and what local candidates you vote for.

Besides a change of address, you may have changed your name, citizenship status or become of voting age since the last election. If so, you need to re-register or register to vote. If you are 17 years old but will turn 18 years old on or before Election Day (Nov. 3), you can register and vote.

The Humboldt County Registrar at 2426 Sixth St. Eureka is following COVID-19 rules with a limited number of visitors at one time. They would be happy to answer your questions at 445-7481. If you request it, a voter registration application will be mailed to you. The red box you sign on the voter registration application is an affidavit. This is

your legal signature. Be sure to sign your ballot exactly like you did on your voter registration application.

You can also register online by visiting registertovote.ca.gov voterstatus.sos.ca.gov or sos.ca.gov/elections/castudents-vote.

Ballots will be mailed to voters in early October. If you plan to vote, act now!

Christine Will, Hydesville

Correction

Due to incorrect information provided by PG&E to the *Journal*, an article in the July 16 edition headlined "PG&E: Future Power Shutoffs to be Shorter, Smaller, Smarter" presented preliminary details about how California Foundation for Independent Living Centers resources will be coordinated in Humboldt County as finalized. Those plans are still being finalized. The *Journal* regrets the error.

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday.



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Cases Climbing

Humboldt County's spike in confirmed COVID-19 cases continued as the *Journal* went to press July 21, with Public Health announcing another six positives, making 14 in two days and total of 62 so far in July, by far the most recorded in any month since the pandemic hit the North Coast.

As of July 21, the county had recorded 30 new cases over a seven-day period bringing the total to 195, which included 17 hospitalizations and four fatalities.

The spike in confirmed cases also came as Humboldt County saw growing challenges with testing. The OptumServe testing site set up at Redwood Acres Fairgrounds through a partnership with the state has been a growing source of frustration. A huge increase in statewide demand and supply chain issues have caused regular delays of a week or more in getting test results. These delays pose problems for contact investigators and public health officials looking to contain clusters of the virus.

Nonetheless, Health Officer Teresa Frankovich said in a press release today that it remains important for residents — even those without symptoms — to get tested for the virus.

"Some of our more recent cases have

been individuals tested through commercial laboratories collected either at the OptumServe site in Eureka or their provider's office, so we want to encourage people who are not experiencing symptoms to sign up for a test at Optum," she said in the release. "Individuals with symptoms, such as fever, cough or shortness of breath, should reach out to their primary care provider or to the Joint Information Center if they do not have a provider so they can be tested. Ill individuals should seek emergency care if symptoms become severe."

The July 21 results came after 133 tests were processed and follow Gov. Gavin Newsom's announcement Friday further tightening shelter-in-place restrictions for vast swaths of the state, ordering that schools remain shuttered in counties on the state's COVID-19 watch list until counties are off the list for 14 consecutive days. The list — which tracks infection rates, hospital capacity and public health's ability to limit the spread of outbreaks — does not currently include Humboldt County, though officials warned last week that case spikes have put it in jeopardy of being added.

On July 13, Newsom announced one of the first major walk-backs of post-shutdown reopening in the country, ordering

Wise Guy



Comet NEOWISE, as recently captured before dawn from Monument Hill above Rio Dell, is a 3-mile wide ball of ice and dust that's hurling through space and capturing the imaginations of amateur photographers and astronomers throughout the North Coast. Read more on page 20 and see more photos at www.northcoastjournal.com. POSTED 07.16.20

Photo courtesy of Rene Yampolsky

all bars to shutter and restaurants, movie theaters, zoos, museums and wineries to cease all indoor operations.

Nationwide, 3.8 million COVID-19 cases had been confirmed by July 21, including 140,630 fatalities, as cases are surging with an average of more than 60,000 new cases

confirmed daily over the past week. California, meanwhile, which saw a single-day record 11,126 new cases confirmed July 14, had recorded 400,769 cases (including 9,231 announced today) and 7,755 fatalities.

— Thadeus Greenson
POSTED 07.21.20

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Action: The Humboldt-Del Norte Film Commission recently announced that a pair of small production crews will be coming to town this month to film, with additional projects slated for the fall. Film Commissioner Cassandra Hesseltine told the *Journal* the crews will follow strict COVID-19 health and safety protocols — including testing prior to arrival, regular symptom checks and self-isolation while in town. POSTED 07.15.20

School's Out: Gov. Gavin Newsom has ordered schools to remain shut for the indefinite future throughout much of the state, though Humboldt County is currently spared from the order. Schools cannot re-open in any county that has been on the state's COVID-19 watch list for at least 14 days. Roughly 90 percent of the state's population lives in a county currently on the list. POSTED 07.17.20

Casino Closes: The Blue Lake Rancheria again decided to shutter its casino just four days after it re-opened to the public in light of a recent state order mandating the closure of bars and indoor dining at restaurants. Two other local casinos — Bear River and Cher-Ae Heights — have opted to stay open in spite of warnings from Humboldt County Health Officer Teresa Frankovich. POSTED 07.20.20

Digitally Speaking

\$43 The amount in millions that had been spent by July 17 on the COVID-19 pandemic response in Humboldt County, which includes the pay of more than 200 employees assigned to Public Health and the Emergency Operations Center. The county hopes to get much of the cost reimbursed through the Federal Emergency Management Agency. POSTED 07.17.20

They Said It

"We wish the new owner all the luck in this brave new world that is being crafted and look forward to raising a pint together in its future permutation."

Former owners of Old Town Eureka's *The Siren's Song Tavern*, which now promises to sing again under new ownership. POSTED 07.21.20

Comment of the Week

"This is what happens when people don't follow the guidelines."

Kathleen Smyth Gage commenting on a *Journal* Facebook post about Humboldt County's ongoing COVID-19 spike. POSTED 07.20.20

A Pandemic Homecoming

As COVID spreads through prisons, the state is releasing inmates early with little planning

By Thadeus Greenson/Community Voices Coalition

thad@northcoastjournal.com

It was just days before the July Fourth weekend when Humboldt County Chief Probation Officer Shaun Brenneman got the official word: A handful of state inmates were being released early as COVID-19 continued to tear through state facilities. The released inmates would arrive in a couple days, Brenneman was told, including one who'd tested positive for COVID and another who'd been exposed to the deadly virus.

What followed was a race that pitted the Humboldt County Probation and Public Health departments against the clock as they scrambled to find places where the released inmates could safely quarantine, and put plans in place to monitor and care for them.

"Our plans were made on the fly," Brenneman said. "I'm just proud of the work that county staff did on a Fourth of July weekend to make that happen."

While the releases were rushed, the California Department of Corrections and Rehabilitation has been planning for months to let some inmates with limited time remaining on their sentences out early.

For the better part of two decades now, California has wrestled with prison overcrowding, which has spawned a host of lawsuits and a federal receivership. But even after prison realignment laws and ballot measures aimed at alleviating the problem, California's prisons remain overcrowded, with 112,000 inmates crammed into facilities built to house 85,000. (The current population, though, is down substantially from a peak of 165,000 in 2006.) The prison population is also disproportionately comprised of people of color, with Latinx people making up 44 percent of CDCR inmates but just 38 percent of the state's population, and Black people accounting for just 6 percent of the state's population but 28 percent of its inmates.

The crowding — which has long created health concerns and allegations of cruel and unusual punishment — took on a renewed urgency when the COVID-19 pandemic hit earlier this year. There are a number of reasons inmate populations are especially vulnerable: Prisons are just the kind of congregate living situation — with lots of people crammed into tight, indoor spaces — through which the virus can spread rapidly; roughly a quarter of the inmate population is over the age of 50 and thus more susceptible to suffering critical outcomes from the disease; and 73 percent of the inmate population are Latinx, Native and Black people — populations that data increasingly show disproportionate critical and deadly outcomes

from the disease.

With all this in mind, CDCR officials began planning to thin its prisons' ranks.

In March, the department announced plans to release 3,500 inmates — people with 60 days or fewer left to serve on their sentence and who were deemed low risk to the public. At the time, CDCR had confirmed a total of 26 COVID-19 cases — 22 in staff and four in inmates — at 10 prisons. But those numbers have since ballooned. At San Quentin State Prison alone, more than 2,000 inmates — nearly two thirds of its population — and 200 staff have now been infected, including 10 deaths among the inmate population, three of which were reported since Saturday. Pelican Bay State Prison, meanwhile, has been largely spared thus far, with no confirmed inmate cases and just two in employees, as this story went to press. But throughout all the state's prisons, 6,400 cases have been confirmed with 35 deaths and numbers continuing to rise sharply. Consequently, the CDCR recently announced it now intends to release some 18,000 inmates with less than six months remaining to serve on their sentences by the end of August. That number would be the equivalent of releasing about 16 percent of the state prison population.

It's unclear how many of those people may be returning to Humboldt County. During a recent media availability, Sheriff William Honsal said he's heard it could be 30 or more while expressing some concern over the impact on public safety and public health. Brenneman said the number "kind of moves" but that he currently has a list of 25 people CDCR expects to release into the county by the end of the month. (As of 2016, about 550 people were in state prison serving sentences handed down in Humboldt County, according to the California Sentencing Institute, 16 percent of which would equate to 88 people.)

Honsal made clear during his media availability that the CDCR release criteria mandates that those being released can't be serving time for domestic violence or other crimes considered "violent" under state statutes, nor can they be registered sex offenders. But Honsal said there's nothing to prevent CDCR from releasing people currently serving sentences for nonviolent crimes but who have violent criminal histories early. Then there's the COVID risk, he said.

Under the CDCR guidelines, inmates are tested for COVID-19 a week prior to their release. Those who test positive or have a confirmed exposure will be released to probation in conjunction with Public Health, so they can quarantine for 14 days. Honsal indicated he

believes this poses a public risk in addition to the potential public safety risks.

"It's an unknown," he said. "We're going to have 30-plus inmates from the California state penitentiary come here into our county and they have not been able to control the spread of COVID-19 within the state prison system, so the people that are getting out, they're not going to be ... in isolation for 14 days before they're released, and so they're just going to be released into our county and I think that is problematic, and I don't think that's very responsible for the state to do ... and I think there should be assurances that these people are free and clear of COVID."

Brenneman, for his part, said he gets that concern but he also understands the moral obligation of worrying about the care and health of people put in your custody.

"I understand and grasp the necessity to release people early from prison [amid the pandemic]," he said, while also acknowledging that the hurried nature of the releases poses challenges. "There were opportunities earlier to identify that need and make plans for more structured releases."

And that's about more than just public health, he said, explaining that his department will typically be notified months in advance of a release and begin regular video conferencing sessions with an inmate some 60 days prior to their release to discuss their post-release plans, housing situation, what barriers to success they expect to face and what needs probation might be able to help the address.

"There's a lot of work there that prepares for a successful re-entry and to take that down from two months to two days ..." he said, his voice trailing off. "These are members of our society. They are our people. They were residents of our community. They did their crimes. They faced a jury of their peers and were sentenced by their court. They now have done their time and have the right to pathways to reentry. We really want them to come back to their community and have a good chance to make positive changes in their lives if they choose to."

Getting dropped off by the CDCR in Eureka after serving a prison sentence can be challenging and disorienting under the best of circumstances. Imagine doing it in a pandemic, Brenneman said, before returning to the subject of learning that two potentially COVID-positive inmates were being released back into the county earlier this month.

Brenneman said it was fortunate that proba-

Continued on next page »



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FROM NCJ DAILY ONLINE

Continued from previous page

tion had developed a “more robust relationship” with public health during the pandemic, which made it easier to plan on the fly. Public Health Director Michele Stephens agreed, explaining that probation staffers have been deployed as disaster service workers during the county’s COVID-19 response. Because probation has vehicles already equipped with Plexiglas partitions that separate drivers from rear passengers, they’ve been used in recent months to transport members of the “high-risk homeless population” to and from temporary housing and testing sites.

Stephens explained that the main issue from a public health perspective is making sure the returning inmates have a place where they can quarantine safely, meaning they aren’t going to be around other people, spending time in shared spaces or sharing a bathroom. A lot of families don’t have the space to accommodate those needs, she said, adding that was the case with the two people released earlier this month, both of whom were put up by the county in a local hotel.

She said CDCR transported them both directly to the hotel, where county staff was on site to meet them, armed with an isolation and quarantine order from the health officer. Then, she said, the idea is to make sure they have whatever they need to stay put. She said the county’s emergency operations center has an agreement with Blue Lake Rancheria, which makes and freezes meals for delivery. Public Health staff then drops off three days’ worth of meals — nine in total — at a time, which those quarantining can keep in their room’s mini-fridge and microwave when ready to eat. Public Health staff, she said, also checks in daily to see if there’s anything else they need, from medications to personal items.

Brenneman said probation’s role is simply to make sure they stay put, adding that officers check in at least twice a day with cold calls or knocks at the door. In a limited sample size of two, both Stephens and Brenneman said everything has gone smoothly so far.

“We have a good relationship with probation,” Stephens said. “It’s been working great.”

Brenneman agreed. But he quickly added he hopes for more lead time with future releases, stressing that the goal isn’t just to keep those returning to the local community from starting a COVID-19 cluster but for former inmates to lead successful lives.

“It’s important to remember they are us,” he said. “They’re our mothers and fathers, brothers and sisters. They’re our neighbors. We have a responsibility to them to provide them an opportunity to come back and live a better life, to live a better version of who they can be.” ●

The Community Voices Coalition is a project funded by Humboldt Area Foundation and Wild Rivers Community Foundation to support local journalism.

This story was produced by the North Coast Journal newsroom with full editorial independence and control.

The Advocacy of Respect

By Bob Olofson

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For years I've been kvetching and moaning over the woes of America and the world in general: conflict over immigration and climate change, terrorism and mass shootings, plastics accumulating in our oceans, the whole cluster of issues around homelessness, alcohol and drug addiction, mental illness, social-versus-personal responsibility. And with America increasingly polarized by the "Us-versus-Them" mentality ("Us" being good, honest friends, "Them" being bad, lying enemies), we can't even agree on what the facts of these issues are, let alone what to do about them.

Then something truly remarkable happened: In July of 2019, I read in the *North Coast Journal* that Betty Chinn's transitional housing project had stalled due, in part, to complaints from Bill Pierson about the negative impact people without permanent shelter were already having on his business. The article then said Mr. Pierson had been approached by Eureka Police Chief Steve Watson, and quoted Mr. Pierson as saying, "Chief Watson assured me that Betty Chinn runs a tight ship and that any facility that she is in charge of will be operated in the best way possible." The result was that Mr. Pierson not only withdrew his complaint, he donated \$10,000 to the housing project.

This was a huge step away from the Us-versus-Them attitude, and a how-to model that can be applied to any issue: each of the major players brought a different perspective to the table, without which the shift wouldn't have happened, and they all brought personal integrity and respect for the other people involved.

It's a perfect fit with a personal vision of turning conflict into cooperation that I've called the Advocacy of Respect, and I was so jazzed with this real life story of principles in action, I wrote to Chief Watson about it. He responded with a hand-written note, saying, "I'd be happy to participate in a constructive public forum such as you described." Then a whole raft of health issues in my family took over my life and this project gathered dust for eight months.

But now the COVID-19 outbreak, along

with the killing of George Floyd in Minneapolis and ensuing protests have brought the kind of national firestorm unseen since the 1960s, and it's time to move forward again.

The Advocacy of Respect is an alternative to the Us-versus-Them mindset (which bestselling author Arthur C. Brooks calls "the Culture of Contempt") based on a new set of agreements about dealing with our differences. In this culture:

- Everyone here knows something true and important.
- No one here knows everything true and important.
- All of our perspectives are needed.
- Our job is hearing the truths we all bring, and fitting them together into something that works.

Given how entrenched the Culture of Contempt is, I think we'll also need some rules about communicating our views respectfully. The one that seems most crucial to me is this:

- No personal attacks — respectful communication only.

This doesn't mean we can't express our own opinions and feelings about a situation, or even the behavior of specific people or groups — that's very different from criticizing someone's inherent value or moral character. (Example: "You tracked mud on my floor, and I'm angry about that!" states a feeling about someone's behavior. "Look what you did, you filthy bum! You have no respect!" is an attack on who or what that person is.)

Lots of other ideas come to mind but my sense is that we'll have to trust our basic agreements on dealing with differences, and figure out what works best as we go along.

The first Zoom meeting of people supporting the Advocacy of Respect took place May 12, and included Chief Watson, Betty Chinn, Rabbi Bob Rottenberg, Lynn Hubbard of the Abbey of the Redwoods, Scott Sattler of the Garden of the Heart Sufi community and Diana Nunes Mizer.

Most of it was getting acquainted,

exploring what kinds of experience and resources we're bringing to this process. Betty Chinn and Chief Watson both weighed in on the value of simply being kind to each other during the COVID challenge, making what contributions we can, and not adding any of the unnecessary fear or anxiety that makes effective response more difficult.

And since moving forward again, I've discovered that we don't have to re-invent the wheel. There are already a number of grassroots groups that have sprung up along similar lines, including Braver Angels, American Public Square and Crossing Party Lines.

The introductory video at www.braverangels.org puts it very eloquently: "Americans no longer see their opponents as simply wrong, or misguided. They see them as bad people, whose ways of thinking are dangerous and incomprehensible ... they see them as enemies. This level of rancor and distrust threatens our democracy."

I've also connected with Rob Schläpfer of Save America Live (www.SaveAmerica.Live) who lives and teaches in Medford, Oregon. He joined us in another recent Advocacy of Respect meeting on Zoom, bringing in a lot of knowledge and experience, and is very interested in linking up with us to form a regional network.

With all my heart, I believe this is the kind of guts and cooperation America and the world needs, where people hold space for conflicting views and values, and trust in the process itself to bring solutions we couldn't have reached without it.

The intent at this stage isn't to fix anything. These early dialogues are about learning to use the tools, adapting them to meet current needs, building trust and dealing with conflicts as a venture in partnership, not a personal attack.

Bob Olofson lives in Eureka and prefers he/him pronouns. Anyone interested in the project can email him at advocacy.of.respect@gmail.com or look him up on Facebook.

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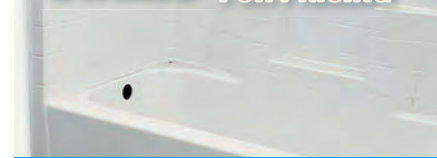


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A Walk Around the County

Photos from a hike a day during shelter in place

By Mark Larson

editor@northcoastjournal.com

Sheltering in place since March 11 has been a challenge for my wife, Sydney, and me. We're both in "at risk" categories due to age and we greatly miss our daily face-to-face yoga classes, the gym and many other "normal" activities as we hunker down at home with only a once-a-week trip to the North Coast Co-op for groceries.

Like many others, we started experiencing mental stress — classic "cabin fever" symptoms — and weight gain due to the lack of our usual physical-workout routines. Our first idea to address these issues was to take daily walks in the Arcata Community Forest near our home. We both realized as the first few weeks passed, however, that we were creatures of habit, always retracing familiar trails.

Our solution: We printed a map of the Arcata Community Forest and we challenged ourselves to walk every trail in the forest. We also downloaded the iNaturalist app on our smartphones and began learning at least one new plant every day. This was made easier thanks to the onset of spring.

We accomplished walking every trail in the forest in less than a month. Our new favorites include the South Fork Janes Creek loop and the No. 10, No. 7 and No. 13 trails.

As shelter in place continued, we wondered where else could we go next that would keep our routine of getting out of bed every morning, eat breakfast and go for a walk? Being creatures of habit and having lived here in Humboldt County for more than 40 years, we began walking in old, familiar locations like the Arcata Marsh and Lady Bird Johnson Grove in Redwood National Park.

Our next brainstorm led to our deciding to go to places in Humboldt County that we've never been before to explore and photograph new locations and trails. Back to looking at maps. And to our embarrassment, we discovered we hadn't been aware of the trails around the oxidation ponds in the Arcata Marsh and Wildlife Sanctuary. On one of our first walks there, we saw wood ducks for the first time.

We also recommend guidebooks for location ideas and our favorite is Rees Hughes' *Hiking Humboldt (Vol. 2): 101 Shorter Day Hikes, Urban and Road Walks*. Soon we were off to new locations like the Ma-le'l Dunes in Manila, the Hikshari Trail in Eureka and many others. The accompanying photos include a dozen or more of our newly discovered locations — at least new to us. We're looking for more as shelter in place continues.

A few words of advice: Be safe out there by traveling only in-county; hike with a sheltering partner and wear a mask; carry plenty of water and snacks; dress in layers (check the weather forecast and tide charts ahead of time); have a first-aid kit with you; have a fully charged smart phone with a compass with you; carry guide books, maps or photographs of them in your phone; watch out for poison oak; and don't get lost. If you do travel alone, let someone else know your location plans for the day. Enjoy each day and keep a written or photographic journal of your outings, since who knows what you'll find. In the words of naturalist John Muir, "I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in." ●

See the full slideshow at www.northcoastjournal.com.

Mark Larson is a retired Humboldt State University journalism professor and active freelance photographer who likes to walk. He prefers he/him pronouns.

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Highly recommended: the north unit of the Ma-le'l Dunes off of Young Lane on State Route 255 in Manila (no dogs or horses allowed). The adjacent south unit allows dogs and horses.

Renowned architect Julia Morgan (1872-1957) used natural materials and simplicity of design in this Four Fireplaces structure located at the Women's Federation Grove off of the Avenue of the Giants. A nearby walk takes you to an albino redwood.

We got all our ducks in a row (standing on floats) in the oxidation ponds at the Arcata Marsh and Wildlife Sanctuary.

Continued on next page »



We regularly walk the trails at the Arcata Marsh and Wildlife Refuge with its accessible walking and biking trails, as well as lots of wildlife. We recently saw an otter at the Brackish Pond.



The Table Bluff Cemetery is east of Loleta at the north end of Singley Hill Road.



Go out the back northwest corner exit of Costco and walk to Old Town on the west part of the Eureka Waterfront Trail and back. This wonderful redevelopment hiking trail combines a close look at remnants of the forest-products industry and the railroad lines, and a walk by current fishing and crabbing activity. My eye was converting much of the scenery to black and white, and looking for flowers and color among the rust and concrete.



Hunan Restaurant's Chinese and Lao Revival

By Jennifer Fumiko Cahill

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Back in January, Ronnie Worasen was walking through the empty kitchen of Hunan Restaurant (2912 E St., Eureka), rattling off the changes he was planning, from painting the dining room to updating the menu. Behind him, his father John Worasen was shaking a blackened wok over a flame, testing out the dishes they'd be serving when Ronnie officially took the place over from then owner Qing Shi Li in a couple of days.

The Worasens have been working in Humboldt restaurants for decades but Hunan Restaurant will be their first shot running their own. It'll also be the first time they're cooking Lao family recipes, which Ronnie Worasen is slowly adding to the classic Chinese menu. Shelter in place meant nixing the dining room makeover and instead installing a Plexiglas screen at the register, as well as shifting to the takeout only. But as he navigates a kind of prolonged soft opening, he's staying flexible and patient.

John and Maryann Worasen fled Laos as refugees and immigrated to Texas, where Ronnie was born. When Ronnie was 9, the family came to Eureka, where John worked in restaurant kitchens. Once he graduated from Eureka High School, Ronnie followed in his footsteps, heading to work alongside him at Hunan Plaza in Arcata for three years, first busing, then working prep and eventually becoming a line cook. He says it was rough at first but his dad showed him the ropes.

"My dad and a lot of my previous bosses say that you can give two cooks the same ingredients and it'll come out differ-

ently," says Ronnie Worasen, who continued his training for eight years at Yen Ching in Eureka, a brief detour into Japanese cooking at Tomo and Alice's Steak and Sushi. He cooked at the Henderson Center Hunan Restaurant for three years before spending another three at Siam Orchid.

"Honestly I would stay there still but I've been trying to get my own place forever and, after 17 years working under other people, it's finally paid off," he said. "Everybody I've worked for I've been there as much or more than the owners ... I'd rather just do it for myself."

Arcata's now defunct Hunan Plaza was unrelated to Hunan Restaurant in Eureka (and only nominally Hunan Province) but the nostalgia is not lost on Ronnie Worasen. He recalls how busy the place always was, as well as how the Eureka restaurant had flagged in recent years, and hopes to "bring that sauce that used to be on the plaza over here." The menu was standard Chinese restaurant cooking in America — chow mein, Szechuan beef, kung pao chicken — but the sauce, he says, was the thing. It'll be a bit of a trip down memory lane for Ronnie Worasen and his father, a veteran of that kitchen who'll be helping with prep and sauces.

"It's going to be a family business," says Ronnie Worasen. Maryann will help out, too, when she's not looking after her three grandkids — soon to be four when Ronnie's fiancé and baby are able to immigrate. Ronnie Worasen was visiting Laos with his fiancé Kommaly Phommatham for the birth of their son when Li called him about buying the restaurant. Immigration

Mok khai, a banana leaf stuffed with fragrant, seasoned ground chicken and noodles and steamed, is one of the traditional Lao dishes on the new menu at Hunan Restaurant.

Photo by Mark McKenna



had approved their application to come to the U.S., and they were hoping to come by summer. But the embassy closed before her April interview appointment and now the timeline is up in the air.

In the meantime, he's working slowly adding Lao dishes to the menu. "That's one thing I thought about — I was trying to put something out there that no one has." His parents suggested Lao dishes. Despite the presence of a local Lao community and Lao cooks in local kitchens, Humboldt hasn't had a restaurant offering the Southeast Asian cuisine since Eureka's Hue closed a few years ago.

Some of that may come down to the difficulty of getting ingredients like fresh sausages and herbs. "I went back to Laos and everything I ate there was straight from a garden or straight from the ocean," says Ronnie Worasen, adding, "We're not really a spicy type region." Instead, he says, the cuisine is a balance of sweet, spicy and sour flavors. That distinction is evident in some dishes that cross over with Thai cuisine, like papaya salad and the minced meat salad *larb*, both of which demonstrate a lighter touch in terms of sugar and lime in the Lao iteration, allowing the scallions, cilantro and other fresh herbs into the spotlight. "Thai food originated from Lao food," Ronnie Worasen says.

Like most of the Lao menu, the *larb* is his mother's recipe, one she's served her family countless times, though she waves a hand and demures when he says so. "If somebody says [it's] 'good,' I'm happy," she says.

Other dishes are found nowhere in the county outside of private homes and the Lao community's annual New Year potluck. A deep orange red bowl of *khao poon* —

rice noodles in coconut curry soup fragrant with chiles, Kaffir lime leaves, lemongrass and galanga, topped with chicken shredded to melting — is wholly satisfying and not as hot as its color warns. A cool bowl of *nam van*, sweet coconut milk with strands and beads of tapioca, follows it well.

A plate of grilled herby *sai oua* pork sausage offers snappy casings, chewy slivers of skin made even more flavorful with a swipe in the spicy tomato dipping sauce. *Mok khai*, minced chicken and firm mung bean noodles with ginger and lemongrass steamed in banana leaf, comes with a little basket of *khao niao*, the sticky rice that is central to Lao food culture. "My dad," says Ronnie Worasen, "he tried eating steamed rice with some meals but he says it never fills him up."

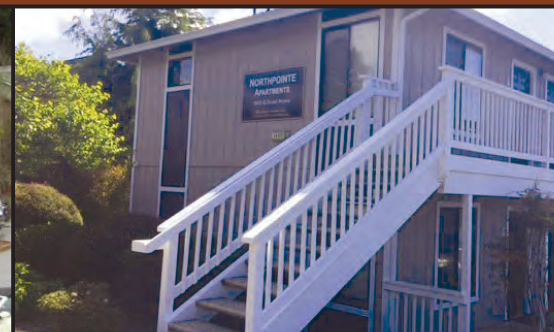
So far, the reception has been strong, both for the revamped Chinese dishes and the Lao dishes. "Since we started posting Lao food [on Facebook], there are some days when we're selling more Lao food than Chinese," says Ronnie Worasen, who's pleasantly surprised at the open palates of non-Laotian customers. Asked if the cuisines go together, he gives a short laugh.

"Um, not really," he says. "But hey, nowadays you got someone who wants to eat a hamburger and one who wants to get a burrito."

Ronnie Worasen is happy to accommodate. ●

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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NCJ SERIOUSLY?

Keeping it Toxic Under COVID

Maintaining a
hostile workplace ...
remotely

By **Jennifer Fumiko Cahill**

jennifer@northcoastjournal.com

For many of us, the last few months have meant a sometimes rocky transition to working from home, either with the distractions of family or in grim isolation, all under the psychic strain of a global pandemic. Maintaining communication, productivity and a sense of teamwork among remote staff is an even greater challenge for management and bosses. But just because your employees are scattered and your old routines are history doesn't mean you can't maintain the same toxic work environment you've fostered for years.

First, you need to take a long, hard look at your office culture and ask what makes it the stuff of nightmares. Is it your tantrums or your complete lack of boundaries? Is it your "ironic" racism or throwback sexism? Whatever it is, identify your signature style and prepare to both lean in and branch out. These are unprecedented times and you've got a 24-hour news cycle of terror to compete with for your staff's mental real estate. Dig deep, find another gear.

We all miss the days of eating someone's yogurt and pointing the finger at Paul. And truly there's nothing like those face-to-face meetings that absolutely could have been an email for creating awkward silences — maybe with a tirade or a deeply inappropriate observation about someone's body — that make attendees feel like time has stopped. But Zoom meetings are not without advantages.

For one thing, the gallery view is basically a digital version of the 18th century panopticon prison in which you can see all the inmates in their little cells. Who are you glaring at? Nobody knows! Gone are those secret sympathetic glances that once gave staffers a sense of solidarity,



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and any reprieve from your freakishly unblinking stare. But try tossing out, "Especially you," just before logging off, or pretending to freeze and then unfreeze, shouting, "Do not make me repeat myself!"

Being able to see everyone's home office also gives you a vital window into the soft underbelly of their personal lives. Their décor alone should give you plenty of new targets for demeaning them but if a child should wander into view, well, that's a jackpot of parental anxiety. Say hello, ask if the little tyke is in the normal weight range and say something terrifying about how blowing kisses can kill us now. Once it scurries off wailing, you can debate whether Mom or Dad should really get full pay while simultaneously caring for a child.

The only real benefit of working from home is not dressing for the office. At least it was before you introduced a dress code. Get creative: black tie, theme weeks, elbow gloves. Then show up in a T-shirt with a racist mascot.

If you regularly dumped personal tasks on your staff, like cleaning golf clubs or handling text breakups, it's time to think outside the box. Consider outsourcing your online shopping with impossible parameters that are mostly in your head. Do they make 4,000 thread-count sheets in the color "bird?" Maybe not but there's only one way to waste Sharon's entire damn weekend finding out.

Time is meaningless during a pandemic anyway. Feel free to text "URGENT" in the wee hours, followed by a string of random emojis. Make sure you get the knife, the penguin and the winky face in there.

Right now job security is at an all

time low and almost everyone fears for their position. But if your staff's anxiety stems from a looming economic collapse and not your own unpredictable whims, maybe you should ask yourself if you even really want this. Throw out the idea of an all-robot workforce and quickly shelve it for later. Casually mention relocating to a country with more lax labor laws. Try making a game out of it to keep yourself motivated. Look at the grid of faces in your next meeting — can you get four people in a row to collapse in quiet, gasping tears? Bingo!

It's important to step away from the screens now and then, too. Be fully present with you family and terrorize them for a little while. Tell your kid there'll be a 30-percent reduction in stuffed animals in the morning and it's time for them to make some tough choices. No kids? Get involved in your community — it's likely been a while since you've threatened a neighbor with litigation or installed an offensive lawn ornament.

Take time for self care, like a relaxing walk or a drive. Perhaps randomly show wup on an employee's doorstep with no mask. These are stressful times but if you focus on the systematic traumatization of subordinates, you can briefly suppress the horror show of your own mind, and bask in their collective misery and impotent rage. Remember, we're all in this together. Except you, Paul. But we can talk about that next week. ●

Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

Calendar July 23 – 30, 2020



Submitted

Help support the Bayside Community Hall's local COVID relief efforts by treating yourself to a made-from-scratch brunch at **Brunch (to go) in Bayside on Sunday, July 26 from 11 a.m. to 2 p.m. at Bayside Community Hall (\$10)**. Order your vegetarian frittata or vegan tofu cup with sides at www.baysidecommunityhall.org and pick up in the hall parking lot while enjoying the dulcet tunes of musical duo BraeMar (Marla Joy on flute, Braeden Lewis on guitar). Remember your masks and practice social distancing.



Submitted

Getting outside and reading a good book sounds like a groovy summer pastime. The Arcata Library's got a cool spin on that with its **Arcata StoryWalk** available **Tuesdays-Saturdays from 11 a.m. to 4 p.m.** outside the library (free). The outdoor journey leads you on a walk while reading Lois Ehlert's beautifully illustrated bilingual story, *Cuckoo/Cucu*, based on a Mexican folktale, posted at 18 reading stations.



Submitted

The Humboldt-Del Norte Film Commission has launched a new series called **Meet the Expert**, where Film Commissioner Cassandra Heselstine interviews film industry professionals who share tips on how locals can break into the business, and also discusses the future of filming in the redwood region. The series runs **Wednesdays at 5 p.m.** on the **Humboldt-Del Norte Film Commission YouTube channel**. On July 22 see Jean-Paul Guirard, SPFX rigger/technician, On July 29 see Heather Frank, producer.

BULLETIN BOARD

Dancing Stars of Humboldt is offering three scholarships to dancers who live in Humboldt County. Dancers of all ages, specializing in any style of dance are invited to apply by Aug. 1. Information and applications at www.dancingstarsofhumboldt.com. Scholarships will be awarded in October.

KMUD Redwood Community Radio is accepting submissions for its Virtual Talent Show through Aug. 2. Children and adults who reside in Humboldt, Trinity, Del Norte and Mendocino counties can enter with a talent of any kind for a chance at a prize. The Virtual Talent Show goes live for viewing and voting on Aug. 10. Go to www.kmud.org, @kmudradio on Instagram, @kmud on Twitter or KMUD's Facebook page to enter. For more information about this showcase, email kmudkeenav@gmail.com.

Children and their families can sign up for summer reading and get free craft activity kits during curbside pickup hours at all Humboldt County Library locations while supplies last. Sign up online (www.humboldt.gov/1502/Summer-Reading-Club) or during curbside pickup at any library.

The Humboldt and Del Norte County 4-H Program is offering a free curriculum and virtual field trips designed for kids ages 9-18, ranging from arts and crafts to cooking and livestock to bees. Visit www.cehumboldt.ucanr.edu/Programs/4-H_Program_270 or follow @HumboldtCounty4H and @DelNorteCounty4H Facebook pages for daily activity uploads.

The Ink People Center for the Arts Dream-Maker Project invites local seniors 65 and older to participate in Art for the Young at Heart, an online art class and peer support group. Weekly 90-minute sessions run mid-July through mid-November (free). Must purchase own art supplies. Email maureen@telebehavioralhealth.us.

The city of Arcata is offering free delivery of \$25 backyard compost bins. Email eservices@cityofarcata.org or by calling 822-8184. Proof of Arcata residency required. Free oil recycling drain pans for Arcata residents can be picked up from City Hall 11 a.m.-5 p.m. For more information on zero waste practices, visit www.cityofarcata.org.

The Arcata School District's Summer Meals Program runs through Aug. 24 at Arcata Elementary School, Sunny Brae Middle School and five community sites. All children 18 and under and people 21 and under who are disabled are welcome to free meals on weekdays, with breakfast and lunch served in one bag. The main serving site will be Arcata Elementary (noon to 1 p.m.), augmented by the following mobile sites: 2575 Alliance Road (11-11:20 a.m.), Sunny Brae Middle School (11:30-11:50 a.m.), Rotary Park (noon-12:10 p.m.), Greenview Park (12:25-12:35 p.m.), Manila Market (12:45-1:05 p.m.) and Phillips Court in Manila (1:10-1:15 p.m.). The schedule is subject to change. Call 839-5219 with any questions.

The city of Eureka is reaching out to the community for photos and memories of Sequoia Park and its playground or the Sequoia Park Zoo in support of the Sequoia Park Improvement Project. Send submissions by email to sequoiaparkmemories@ci.eureka.ca.gov, upload

to www.sequoiaparkmemories.com or mailed to Sequoia Park Memories, c/o Adorni Community Center, 1011 Waterfront Drive, Eureka, CA 95501.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will take calls Monday through Friday from 8 a.m. to 4:30 p.m. Adoptions by appointment. If your pet is impounded at the shelter, call 840-9132 to leave a message to make pick-up arrangements.

GET HELP/GIVE HELP

The Redwood Discovery Museum, serving 14,000 children through the museum, Pal Camp, First Five Playgroups and other community events is seeking donations to keep it going. Make a tax-deductible, one-time or recurring (monthly or quarterly) donation through the museum's secure online portal www.discovery-museum.org/donate.html. Or email or call 443-9694.

The Honeydew Volunteer Fire Company seeks donations for life saving medical equipment, trainings, fire trucks and firefighting equipment and supplies typically funded by the canceled annual Roll on the Mattole Send donation to: HVFC, P.O. Box 74, Honeydew, CA 95545. All donations go to equipment and training.

The city of Eureka is accepting donated face coverings. Homemade cloth masks, no-sew masks, bandanas and elastic hair ties will be sanitized and distributed to St. Vincent de Paul, the Eureka Rescue Mission and the Betty Kwan Chinn Day Center. Donation box outside the main entrance of Eureka City Hall at 531 K St. weekdays from 8:30 a.m. to noon and 1 to 4 p.m.

Area 1 Agency on Aging Partners and the Friendship Line offer support to seniors. Older adults can call the toll-free "warm line" (1-888-670-1360) for a friendly listening ear and emotional support for those facing loneliness, isolation or anxiety, including concerns about COVID-19. Both the new number and the 24-hour, toll-free Friendship Line (1-800-971-0016) will take inbound calls, as well as offer pre-scheduled outbound call service.

Redwood Community Action Agency is offering help with energy bills, the purchase of propane, firewood, pellets or kerosene for low to moderate income households. Call 444-3831, extension 202. www.rcaa.org. 445-0881.

CalFresh EBT cards can be used for online and home delivery shopping at Amazon and Walmart. Visit www.getcalfresh.org to apply or call (877) 847-3663 to be connected to your local county social service office.

Humboldt County free school meals are available. For a complete list of all district meal times and distribution locations, visit the Humboldt County Office of Education's website: www.hcoe.org/covid-19-2/school-meal-times-and-locations.

Northern California Community Blood Bank: You can make an extremely essential outing and safely donate at a number of times and locations around Humboldt. Blood mobiles and the blood center are set up for social distancing. Visit www.sequoiaparkmemories.com

nccbb.net for a full schedule.

Mad River Community Hospital: Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

SoHum Health's hospital and clinic staff are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic providers, if needed. Don't wait for a call, contact SoHum Health's Senior Life Solutions at 922-6321.

EVENTS

Dispersed Sand Sculpture Festival. July 1-31. Humboldt County beaches. Household groups are invited to create sandy masterpieces on local beaches, post them on social media and possibly win prizes. Email sculpture photos to info@friendsofthedunes.org with the location, date, sculpture and team/business name. Donate to vote for favorites. Benefits dune education and stewardship programs.

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. California State Parks' North Coast Redwoods District is broadcasting programs via Facebook every day at 3 p.m. from state parks across the North Coast. Tune in to experience tall trees and rugged seas from the comfort of your home. Free. www.facebook.com/NorthCoastRedwoods/.

Virtual Spring-run Chinook Symposium. Thursday, July 23 and Friday, July 24. Virtual World, online. Two days of presentations. Topics include genetics, climate change, restoration, historical distribution and reintroduction. The agenda and registration link at www.calsalmon.org/programs/spring-run-chinook-symposium/10th-annual-spring-run-chinook-symposium. Scholarships available. Email maddie@calsalmon.org. \$40 suggested donation.

ARTS & MUSIC

Ask the Curator - Facebook Live Virtual Event from the Clarke Historical Museum. Fridays, 2-3 p.m. Virtual World, online. Curator Katie Buesch and guest hosts showcase weekly topics with a trivia contest the last Friday of every month. Past segments available at www.clarkemuseum.org. Free. www.facebook.com/ClarkeHistoricalMuseum. 443-1947.

The Curiosity Hour: Weekly Double Dose of Weird with Veve Decay. Saturdays and Wednesdays, 8 p.m. Virtual World, online. A strange and macabre evening of whimsical tales, live video chats and parlor games. Hosted by Altar Ego: Curious Art & Fashion Design. Tune in at www.facebook.com/events/939880849742122.

Club Triangle Streaming Saturdays. Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag @clubtriangle. #coronoshetadont. www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

EmRArt with James Zeller. Saturdays, 2-4


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p.m. Virtual World, online. Cross-platform entertainment from remote locations. James Zeller plays jazz from Arcata and Emily Reinhart lays charcoal on birch wood in Eureka. Watch via Facebook (www.facebook.com/EmRArt) or by YouTube. Free. emily@emilyreinhart.com. www.youtube.com/channel/UC1cGc_-RErDvHWjNBsbhIQ.

The Future Is Now: A Zoom Communique. Thursdays, 6:30-8 p.m. Virtual World, online. A fun and interactive Zoom call based in Humboldt County. Join time travelers from your future searching for the artifacts from our time that predict life in the decades to come. Email or visit the Facebook event page for the Zoom link. Free. CoopHumEd@gmail.com. www.facebook.com/events/1657090377763791.

The J Street Regulars Radio Hour. Mondays-Fridays, 7-8 p.m. Virtual World, online. A live-stream performance from the Sanctuary's Great Hall via Facebook Live. Band members host and take requests. Free, donations via website welcome. nanioldickerson@gmail.com. www.sanctuaryarcata.org/donate. 822-0898.

King Maxwell Quarantine Funk #9. Fridays, 9-11 p.m. Virtual World, online. King Maxwell spins funk, soul, electro, disco, roller skating jams and boogie, and adds vocoder flavor. Free. arcatasoulpartycrew@gmail.com. www.youtube.com/watch?v=pssTRY5HLAK.

Online Variety Show and Open Mic. Sundays, 6-8 p.m. Virtual World, online. Weekly Sunday evening Outer Space Arcata live stream variety show and open mic. Four slots available per hour. DM to sign up. www.facebook.com/events/241114663891421.

Reel Genius Virtual Trivia. Wednesday, July 8, 6:30-8 p.m. Join in for virtual trivia, live on Zoom from home.

Shelter n Play. Fridays, 6 p.m. Public group of mostly Humboldt locals on Facebook. Open mic for all skill levels, all styles, all humans welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

BOOKS & SPOKEN WORD

Arcata StoryWalk. Tuesdays-Saturdays, 11 a.m.-4 p.m. Arcata Library, 500 Seventh St. Walk and read Lois Ehler's bilingual story, *Cuckoo/Cucu*, based on a Mexican folktale, posted at 18 reading stations around the Arcata library.

Behind the Mask: 40 Quarantine Poems from Humboldt County. Download the free chapbook of local poetry from the Poetry on the Edge Facebook page, www.annefricke.com, www.davidholper.com and www.inkpeople.org/eureka-poets.

The Humboldt County Library. Visit the website or call any library branch to place up to four items on hold for curbside pickup at all locations. Check the drop box schedule for returns. Overdue fines are temporarily waived. You can also use a library card or create an e-account at with just your name, zip code and an email address for access to materials even while the library is closed. Click "Connect with a Librarian or Get an e-Account" or call Tuesdays through Saturdays 10 a.m. to 5 p.m. Wi-Fi is also available outside all library locations Tuesdays through Saturdays from 9 a.m. to 9 p.m. Please observe social distancing. www.humlib.org. 269-1915.

Poetry on the Edge. Ongoing. Virtual World, online. This Facebook group of Humboldt County poets (and lovers of poetry) is about living on the edge of the continent in a pandemic. Hosted by Eureka Poet Laureate David Holper. Free.

Reading in Place - An Online Reading Group. Saturdays, 1 p.m. Virtual World, online. Join the Humboldt County Library for its Reading in Place Zoom Reading Group. Each meeting the group will discuss a different short story available online. Sign up using the Google Form

(<https://forms.gle/zKymPvcDFDGD7BJEP9>) to receive Zoom meeting invite and that week's reading selection.

COMEDY

Drive-In Comedy w/Eric Fitzgerald. Sunday, July 26, 9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Pull in behind the club, tune into 107.9 FM and enjoy the show. No public restroom. Mask required outside vehicle. Venmo donations welcomed @Savage-Henry. www.savagehenrymagazine.com.

Return of the Open Mikey. Wednesday, July 29, 9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Pull in behind the club, tune into 107.9 FM or roll down your window and enjoy some comedy. No public restroom. Mask required outside vehicle. Venmo donations welcome @Savage-Henry. www.savagehenrymagazine.com.

DANCE & MOVEMENT

Hip Hop Dance Class with Cleo. Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Donations via PayPal under Cleo_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. www.youtube.com/channel/UC3K_ieEdMDotn2qjZcIkKh2g. (567) 242-8953.

Modern Dance Class with Cleo. Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Donations through PayPal under Cleo_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. www.youtube.com/channel/UC3K_ieEdMDotn2qjZcIkKh2g.

Restorative Movement. Tuesdays and Thursdays, 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, online. This class includes breath work, relaxation, and a variety of yoga and non-yoga movement styles. Tuesday classes focus on strength and mobility. Thursday classes focus on relaxation and breath work. Contact instructor Ann Constantino for a link to the online class orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

Tabata. Mondays, Wednesdays, Fridays, 5:30-6:30 p.m. Virtual World, online. SoHum Health presents short, high intensity cardio workouts consisting of quick rounds of exercise at maximum effort, followed by 10 seconds of rest. Contact instructor Stephanie Finch by email for a link to the online class. Free. sfinch40@gmail.com. www.sohumhealth.org.

FOOD

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fruits, vegetable, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Brunch (to go) in Bayside. Sunday, July 26, 11 a.m.-2 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Scratch-made brunch of vegetable-cheese frittata or vegan sundried tomato tofu cup with sides. Order online and pick up in the lot. Music by BraeMar (Marla Joy on flute, Braeden Lewis on guitar). Masks and social distancing required. Benefits local COVID relief efforts. \$10. baysidecommunityhall@gmail.com. www.bayside-communityhall.org. 599-3192.

Eureka Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh and local fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Food for People's Free Produce Distribution. Third Thursday of every month, 11 a.m.-1 p.m. Bayshore

Mall, 3300 Broadway, Eureka, north parking lot. Masks required. Please observe 6-foot social distancing. Make room so volunteers can load produce directly into the trunk. Those without a vehicle are directed to visit the Eureka Food Pantry (2112 Broadway) open Tuesday, Wednesday and Friday 11 a.m. to 3 p.m.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. Tenth and Main St., Fortuna. Local farmers bring fresh fruits, vegetables, plants starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh, locally grown fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

McKinleyville Farmers Market. Thursdays, 3-6 p.m. Eureka Natural Foods, McKinleyville lot, 2165 Central Ave. Locally grown fruits, vegetables, plant starts, succulents, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Farmers and vendors, bringing you fresh delicious food weekly. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Farmers and vendors bring fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Summer Drive-Through Dinners. Fridays, 4-9 p.m. Mateel Community Center, 59 Rusk Lane, Redway. The Mateel Kitchen produces all natural and/or organic dinner, desserts and drinks created each week by local guest chefs and packaged to go. Menus at www.mateel.org. Call 923-3368 to order. Pick up and exit out the back gate. Limited seating on the hillside.

Willow Creek Farmers Market. Thursdays, 6 p.m. Veteran's Park, 135 Willow Road, Willow Creek. Locally grown produce and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

KIDS

Fortuna Library Recorded Readings. Thursdays. Virtual World, online. Hosted by the Fortuna Branch Library on its Facebook page, www.facebook.com/HumColibraryFortuna.

Kidsave's Virtual Gala. Thursday, July 23, 6-7 p.m. Virtual World, online. Visits from Jennifer Garner, Jennifer Love-Hewitt, Molly Sims, Miss Ukraine, some magic, a classical guitarist, lots of Kidsave kids and families, auction getaways and more. Free. emmab@kidsave.org. www.kidsave.org/GALA

Preschool Storytime. Wednesdays, 11 a.m. and Saturdays, 11 a.m. Virtual World, online. Hosted by the Arcata Branch Library via Zoom. To sign up, email sparsons@co.humboldt.ca.us for the link or call 822-5954.

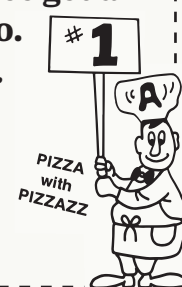
School-age Storytime. Fridays, 11 a.m. Virtual World,

Continued on next page »

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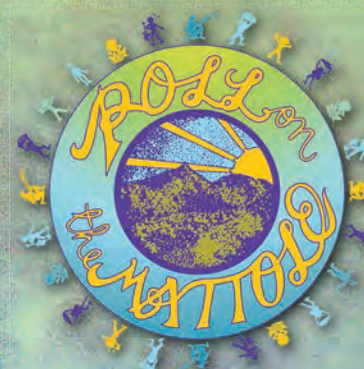


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**Due to Covid-19 concerns,
the Honeydew Volunteer Fire Company
(HVFC) has had to cancel what
would have been our 31st annual
Roll on the Mattole.**

Unlike some other small, local volunteer fire departments, the HVFC is a volunteer fire company that does not receive any tax roll funding because it is not a fire district. The Roll on the Mattole is the HVFC's only annual fundraiser, and we have relied on this fundraiser for the past 31 years to bring enough public support into our nonprofit organization to fund the company for 12 months.

Without this invaluable and irreplaceable community event, we find ourselves in serious financial need. Although our fundraiser has been canceled, the need for life saving medical equipment, trainings, fire trucks and firefighting equipment & supplies has not.

If you were planning on attending the 31st Annual Roll on the Mattole this July 25, please consider sending a donation that is equal to the amount you would have spent at the event. For most individuals this would be approximately \$100. Of course larger donations are greatly appreciated. (Please note, because the HVFC is a 100% volunteer run organization, 100% of your donation will be used to pay for equipment and supplies. FEIN:77-0151702).

**PLEASE SEND YOUR DONATION TO:
HVFC
P.O. Box 74
Honeydew, CA 95545**

The HVFC thanks everyone from the Roll on the Mattole family for their years of support and remarkable kindnesses. We look forward to a time when we can gather together, in person, as a community, in gratitude, celebration and dance.

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NCJ WHAT'S GOOD email jennifer@northcoastjournal.com

NCJ CALENDAR

Continued from previous page

online. Hosted by the Arcata Branch Library via Zoom. To sign up, email sparsons@co.humboldt.ca.us for the link or call 822-5954.

Tuesday Storytime with Ms. Tamara. Tuesdays. Virtual World, online. Posted every Tuesday on Arcata Library's Facebook page, www.facebook.com/HumCoLibraryArcata.

Virtual Circle Time. Mondays, 3-3:30 p.m. and Thursdays, 10 a.m.-10:30 p.m. Virtual World, online. Geared toward families and caregivers with children newborn to 5, however all family members are welcome. Children play games, practice stress-reducing activities and sing songs together. Song requests accepted by email at hstevens@cityofarcata.org or by messaging Arcata Play Center on Facebook. To join on Zoom, visit www.us02web.zoom.us/j/86022989325.

Virtual Junior Rangers. Thursdays, 11:30 a.m. Virtual World, online. Join the North Coast Redwoods District of California State Parks for weekly kids' programs and activities related to coast redwoods, marine protected areas and more, plus the chance to earn Junior Ranger Badges. Register now: www.bit.ly/NCRDVVirtualJuniorRanger. Watch live on YouTube: www.bit.ly/NCRDYoutuChannel.

Young Adult Book Club with Ms. Larissa. Thursday, June 25, 6-7 p.m. Virtual World, online. Access a free e-copy at www.gutenberg.org/files/42324/42324-h/42324-h.htm Via zoom video-conferencing. Contact ahead for an invitation. Free. www.facebook.com/events/1932490010216442. Call Tin Can Mailman at 822-1307, Monday-Friday, 11 a.m.-3 p.m., or Arcata Library, 822-5954, Tuesday to Saturday, 11 a.m.-5 p.m.

Zoom into Preschool Storytime with Ms. Sue. Saturday, June 27, 11-11:30 a.m. Virtual World, online. Bring rhythm sticks and shaker eggs or just clapping hands for songs. Call 822-5954 or email sparsons@co.humboldt.ca.us to register for a Zoom invitation. Free. www.facebook.com/events/569553957039103.

Zoom into School-age Storytime with Ms. Sue. Fridays, 11-11:45 a.m. Virtual World, online. Zoom into stories for children in kindergarten through third grade. Call Arcata Library at 822-5954 Tuesday through Saturday between 11 a.m. and 5 p.m. for an invitation link. Leave a message with your name, phone number and email address. Free. www.facebook.com/events/250401182925890.

LECTURE

Meet the Expert. Wednesdays, 5 p.m. Virtual World, online. Humboldt-Del Norte Film Commissioner Cassandra Hesseltine interviews film industry professionals and discusses local filming. July 22: Jean-Paul Guirard, SPFX rigger/technician. July 29: Heather Frank, producer. Visit www.youtube.com/channel/UCsbPoRUx8OJlzuLCUNlBxw.

Reducing the Vulnerability of Buildings to Wildfire: Vegetation and Landscaping Guidance. Thursday, July 23, 11 a.m.-noon. Zoom. County Director/Forest Advisor for University of California Cooperative Extension in Humboldt and Del Norte Counties Yana Valachovic explains improving the chances that a home will survive wildfire. Register at: www.humboldtstate.zoom.us/meeting/register/tJMQd-2hpjgsGtYhKB-nvOfuEddp-JECaf6Oc.

The River Feeds Us: Food Sovereignty & Community Resilience. Friday, July 24, noon. Zoom. Native American artists, scholars, food and health advocates and cultural leaders present on how water protection and art, health, culture and food intersect. This lecture is with Hillary Renick of the First Nations Development Institute, Meagan Baldy of Klamath Trinity Resource Conservation District and Cody Henrikson of the Humboldt State University Food Sovereignty Lab. Register at www.tinyurl.com/y9sym12d.

[tinyurl.com/y9sym12d](http://www.tinyurl.com/y9sym12d).

Rolling Justice Webinar. Wednesday, July 29, 5-6 p.m. Zoom. Discuss transforming society beginning with a big picture perspective, followed by break-out groups on defunding the police (led by Centro del Pueblo), tenants' rights and rent relief (led by North Coast People's Alliance), and public banking (led by Cooperation Humboldt). Register at www.cooperationhumboldt.com/rolling-justice.

Zoomy-go-round. Tuesday, July 28, 11 a.m. Zoom. Round-table discussion about event planning and management using Zoom with Victoria Bruner. All levels of experience welcome. Register at www.humboldtstate.zoom.us/meeting/register/tJloc0irqz4vHtHO4OAp_iM2QGv-7JzWU4UBE.

MUSEUMS & TOURS

California Native Plant Society Wildflower Show. Virtual World, online. The North Coast Chapter of the California Native Plant Society hosts photos, presentations, posters and slideshows, and art lessons. susanpenn60@gmail.com. www.northcoastcnps.org. 672-3346.

TV, MOVIES & THEATER

Miniplex Movie Premiers. Virtual World, online. Support the Miniplex and enjoy fresh art house cinema at home. Check out films for two to five days (details online). www.miniplexevents.com/movies.

Minor Theater Movie Premiers. Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online). Movies TBA. \$12. www.minortheatre.com.

ETC.

Meditation with Sasha. Thursday, July 2, noon. Virtual World, online. This is a 15- to 20-minute guided meditation and yoga nidra session exploring mind-body connection. Register at (Zoom): www.humboldtstate.zoom.us/meeting/register/tJ0qcOypqTsiH9BlzdokW-4fjoDyFTd8Pzek. Part of the LifeLong Learning Lounge (L4HSU) at HSU.

Transformational Readings in the Redwoods. Sundays, noon-2 p.m. Readings of Paul Selig's *I am the Word*. Email btengineer2011@gmail.com or text 298-3466 for directions to the outdoor firepit at the Redwood River Lodge in Carlotta and observe social distancing. www.paulselig.com. Free.

Weekly Check-in with Rep. Huffman. Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) holds Facebook Live check-ins with constituents with updates regarding the novel coronavirus pandemic and to answer questions about the federal response. www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman.

Whiteness Accountability Space: Processing Emotions and Moving to Anti-Racist Action. Thursdays, noon. Virtual World, online. L4HSU – Life Long Learning Lounge. A space for White participants and facilitators to ask questions and process feelings around anti-blackness, police brutality and systemic racism in order to move toward anti-racist action. Register at (Zoom): www.tinyurl.com/y8ldzrfq.

The Write Stuff - An Online Writing Group. Thursdays, 5-6 p.m. Virtual World, online. The Humboldt County Library's online group meets on Zoom to share writing and inspiration, and offer feedback. Sign up on the Google Form at www.forms.gle/HP8vgleiXhMKRUJd7 to get the Zoom meeting invite. Free. www.facebook.com/events/554786865206598. 269-1915. ●

Trouble Man

A documentary portrait of civil rights giant John Lewis

By John J. Bennett

screens@northcoastjournal.com



A young, trench coated John Lewis getting in trouble. Rest in power.

John Lewis: Good Trouble

JOHN LEWIS: GOOD TROUBLE. A friend at work turned to me yesterday, unprompted, and said “Well, are you ready to become a martyr in the second American revolution?” He asked half in jest but my inability to answer immediately still troubles me.

Even as protests for racial justice and against sanctioned murder by police continue across the country, we’ve watched emboldened racists gather en masse. In Indiana, home of my wife’s parents and their parents, bearded punks menaced a peaceful march with assault rifles. Not long after, in St. Louis, Missouri, miles from her own childhood home, a couple of bigoted opportunists who happen to be lawyers brandished their own weapons at another column of protestors — with laughable ineptitude, I might add. And even now, in Portland, Oregon, figuratively around the corner from the beds in which my niece and nephew sleep at night, federal shock troops maraud through the night, arresting and interrogating American citizens enacting their civil rights without probable cause, recourse or oversight. These agents of authoritarianism are abetted by major news outlets, where their anonymity in commission of these offenses is protected. And the head of the snake is a doddering charlatan operating in service to only his pitiful ego and the repugnant, ossified greed-worshippers who installed him. A would-be dictator who has now gone so far as to say he may or may not acknowledge or accept the results of this fall’s election.

Whether there will be revolution, civil war, or some uniquely hideous, uniquely American hybrid thereof, most of us will live to see yet more troubling times; as long as we survive the plague. I have some

soul-searching to do before I can honestly answer my friend’s question. But it made me think of Rep. John Lewis, who died only days before, having figured out his own answer more than half a century earlier.

I would not pretend to be a student of or expert on the acts and ways of Lewis; I know more of him than about him. Which is part of the reason I sought out Dawn Porter’s documentary, *John Lewis: Good Trouble*. The movie may be more portrait than biography, offering only a few quiet moments with the man apart from his public persona, but it affirms many of the tenets of the Civil Rights movement by which he lived and legislated: refusal to ignore injustice; courage in the face of it; peaceful resistance as manifestation of that courage. I am cynical enough to think we may have passed the moment for peacefulness but Lewis’ story inspires hope in its efficacy.

The child of sharecroppers, great-great grandson of a freed slave, he sought public life at an early age, preaching to the family’s chickens and wearing a necktie to school, both to the amusement of his sisters. As a teenager he learned of Martin Luther King, Jr. and became a student of his speeches. He met Rosa Parks and King himself shortly thereafter, and began a lifelong mission of social justice. He was a Freedom Rider, was beaten and jailed for attempting to enter a whites-only space. He became chairman of the Student Nonviolent Coordinating Committee and had his head broken by a cop on the Edmund Pettus Bridge in Selma, Alabama. He manifested peace and fearlessness while confronting overwhelming violence; he risked death in service of the greater good. He worked tirelessly for widespread and equitable voter registra-

tion (an effort that continued until months before his death), worked in the Carter administration and served on the Atlanta City Council. After an initial, unsuccessful bid, Lewis ran for Congress and won; he would go on to be re-elected 16 times and died in office serving Georgia’s 5th District in the House of Representatives. His voting record describes a thoughtful, conscience driven legislator consistently on the side of social justice. More vital than that, though, is his legacy of influence and inspiration. Countless current and future elected officials (many of whom appear on camera here) will quickly name him as the reason they sought positions in government. He was and will remain an extraordinary example of perseverance and bravery accomplishing good works in an increasingly divisive political culture.

While Porter’s documentary cannot be called stylistically revelatory or narratively complex, I don’t think it needs to be, or that we should go to it expecting that. I would, at some point, like to see a deeper history of the man, a measured meditation on his inner life. But right here, right now, I’ll take this as an echo of the clarion call of a real-life folk hero. Lewis was on the front lines in the struggle for justice and equality for the majority of his lifetime. He lived through events that history has all but obscured from the public consciousness. He could see more clearly than almost any of us how bad things can be. He still went to work every day believing he could foment change. And he did. PG. 96M. STREAMING ON DEMAND.

John J. Bennett is a movie nerd who loves a good car chase and prefers he/him pronouns.

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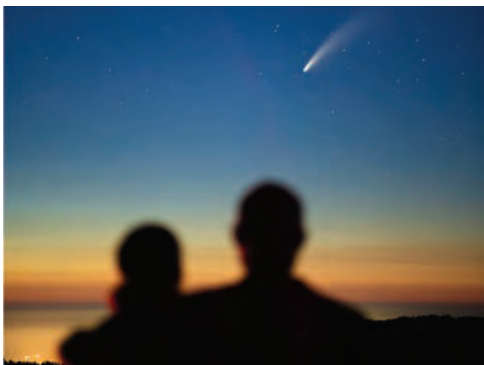
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A starstruck couple watching the magic over Arcata. The camera picks it up a little better than the eye until it is a little darker so don't quit early.

July 14, 2020 at 10:17 p.m.
David Wilson



Comet NEOWISE Over the North Coast

By David Wilson

ncnightlights@northcoastjournal.com

If you have not seen Comet NEOWISE in the northwest skies after dark, then you really must treat yourself. It has rounded the sun in its orbit now and the farther from the sun it travels the dimmer it will be. Though its closest approach to Earth will be on July 23, it will also be farther from the sun, with the net result of dimming, by my observations. Go see this amazing celestial object; you'll wait around 6,800 years for its next pass.

Comet NEOWISE has been visible to the naked eye above the northwest horizon after dark for the last week or so from our position on California's North Coast. Revolving around the North Star, in the evening we can find it beneath the Big Dipper as it slowly sinks in the northwest. The comet does set a little after 1 a.m., so don't be too late. Its movement continues beneath the horizon until later in the morning as it rises again to the northeast. It was also visible before dawn until recently. To view it after sunset, be patient until after 10 p.m. The later the better because while there is much sunset glow in the sky the comet blends in very well and is difficult to distinguish. After 10:30 p.m. is optimal viewing.

NEOWISE is an acronym for Near-Earth Object Widefield Infrared Survey Explorer, the NASA kit that discovered the comet on March 27, 2020. What is a comet and why do we see it? Comets are made of ice, rock and dust, like dirty snowballs. The ice may comprise any of a number of gases, frozen into a solid state in the icy blackness of space. As comets approach the sun, the sun's energy acts on the comet's surface, causing molecules of the ice to sublimate, or become gas again without going through a liquid state. As this happens, some larger particles of dust and debris are blown outward from the

nucleus. The combination of gasses and larger particles makes the hazy head, and forms the tail(s).

We can see both tails of this comet once it is dark enough. The bluer tail is made up of those sublimated gas particles and is pushed out into space by the pressure of the sun's energy. This tail will always point away from the sun, as it is carried away in the solar wind. The brighter, whiter or yellower tail is made up of the more solid debris, the dust and particles that slough off as the comet disintegrates in the sun's energy.

When you go out: The hills will be your best bet for the clearest air. Expect to find other people wherever you go. I have been to four different locations on four different nights and there were other stargazers at each, from one person at Friday night's secluded location to maybe 15 at another spot two nights before. Be ready to follow social distancing protocols; as I passed the turnout where the bigger group had been two days before, I saw that it contained many more people the second time. But in every case, it was rewarding to share this truly awesome celestial display with other people, whether or not I knew them.

I want to thank and acknowledge the help of my colleague College of the Redwoods astronomy professor Jon Pedicino for providing clarifying technical details on this comet and comets in general.

A version of this article first appeared on Redheaded Blackbelt. To keep abreast of David Wilson's most current photography or purchase a print, visit or contact him at his website www.mindscapefx.com or follow him on Instagram at @david_wilson_mfx, and on Twitter @davidwilson_mfx.

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Examine all aspects of a locally-based lifestyle supporting the sustainability of our local community, from banking to food purchases to recreational and energy choices. Thurs., July 30 from 10 a.m.-noon. OLLI Members \$15. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0723)

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PHARMACY TECHNICIAN (ONLINE) Sep 12, 2020 - Feb 6, 2021. Online informational meetings will be held Aug 8th & 18th. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0723)

REAL ESTATE CORRESPONDENCE Become a Real Estate Agent. Start anytime! Visit <https://www.redwoods.edu/communityed/Real-Estate> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0723)

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DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 16 - Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0528)

CROSSWORD by David Levinson Wilk

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55						56		57				58		
59						60		61				62		
63						64					65			
66						67					68			

SCRABBLE — ANSWERS NEXT WEEK!

ACROSS

- "One-man army" of the silver screen
- Sci-fi author's creation
- Winter follower: Abbr.
- "Over the Rainbow" composer Harold
- Sleep clinic subject
- Suffix with fail
- Create a seven-letter word in Scrabble with the rack IERGBSD
- Spot on a domino
- Lunchbox staples, initially
- "Just as I thought!"
- Oscar-nominated frontwoman of the Yeah Yeah Yeahs
- Pre-1991 atlas initials

- London ____
- Meth lab raiders
- Create a seven-letter word in Scrabble with the rack IERGBSD
- Prosecutor's burden
- Squid's ink holder
- 4G ____
- Like sleep, ideally
- OutKast and Mobb Deep
- "Portlandia" airer
- Drain
- Former Israeli minister Moshe
- Create a seven-letter word in Scrabble with the rack EEWRBYR
- Google ____
- Spectrum producer
- Threading target
- Kind of block
- ____ Fáil (Irish

- coronation stone)
- Struck (out)
- Number one game?
- Create a seven-letter word in Scrabble with the rack IGNTTFI
- Danson with the stars?
- Religion developed in 19th-century Iran
- "____ mañana!"
- 1960s campus org.
- "____ want to talk about it"
- Change

DOWN

- Skate park features
- Kaffiyeh wearers
- Time's 1963 Man of the Year, informally
- Honey bunch?
- Carry-____ (some

- luggage)
- "Marilyn Diptych" artist
- 21st-century health menace
- Boxing seg.
- Potato ____ soup
- Aquafina rival
- What never lets go?
- Where Einstein taught
- Take back
- Famous Amos
- "Righteous!"
- Muscular
- Letter-shaped beam
- Droid
- Color TV pioneer
- Lures for bargain hunters
- Stopped oneself
- Showbiz honors
- Flash drive port
- Acronym for an outdoor fantasy

- game
- Chicken ____
- Help with the dishes
- Rhea of "Cheers"
- Co. with a bouquet in its logo
- It began in 1908 with 34 agts.
- Game that uses Nintendo's Balance Board
- "Ozark" actor Morales
- Be
- "Fiddler on the Roof" buttinsky
- Artist Degas
- Springsteen's "Thunder ____"
- List-ending abbr.
- Letter after pi
- "____ Carter V" (Lil Wayne album of 2018)

LAST WEEK'S ANSWERS TO MUSCLES

D	I	S	C	F	A	T	L	I	P	S	T	P
A	W	O	L	E	T	O	I	L	E	U	R	L
S	O	C	I	A	L	M	E	D	I	A	B	A
			P	V	T			A	C	A	C	I
S	N	A	P	E		C	A	T	C	H	C	O
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E	V	E	R	G	L	A	D	E	S		I	P
B	I	C		E	P	I		C	A	L	A	T
A	L	B	A		S	N	O	O	K	E	R	C
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D	E	W		T	O	R	N	M	U	S	C	L
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			9		1				
		2		5				6	
8	1				3				
			4						7

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Obituary Information

Obituary may be submitted via email (classifieds@northcoastjournal.com) or in person. Please submit photos in jpeg or pdf format. Photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year. Deadline for the weekly edition is at 5 p.m., on the Sunday prior to publication date.



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NOTICE OF PETITION TO
ADMINISTER ESTATE OF BETTY
JEAN MORTON CASE NO.
PR2000138

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of BETTY JEAN MORTON A PETITION FOR PROBATE has been filed by Petitioner, MICHAEL P. CUNNINGHAM aka MICHAEL CUNNINGHAM

In the Superior Court of California, County of Humboldt. The petition for probate requests that MICHAEL P. CUNNINGHAM aka MICHAEL CUNNINGHAM

be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on August 13, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition

or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
Thomas B. Hjerpe, Esq.
Law Office of Hjerpe & Godhino, LLP
350 E Street, 1st Floor
Eureka, CA 95501
707-442-7262
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

7/16, 7/23, 7/30 (20-166)

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
DORIAN WAYNE CARRANZA
CASE NO. PR2000136

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of DORIAN WAYNE CARRANZA A PETITION FOR PROBATE has been filed by Petitioner DIANA L. CARRANZA

In the Superior Court of California, County of Humboldt. The petition for probate requests that DIANA L. CARRANZA be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on August 13, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept

by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
James D. Poovey
937 Sixth Street
Eureka, CA 985501
707-443-6744
Filed: June 25, 2020
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

7/9, 7/16, 7/23 (20-158)

PUBLISHED NOTICE OF
SEIZURE AND JUDICIAL
FORFEITURE

On June 12th, 2020, Agents from the Humboldt County Drug Enforcement Unit seized property for forfeiture from 480 Patricks Point Road in Trinidad, California, in connection with controlled substance violations, to wit, Section 11378 of the Health and Safety Code of California. The seized property is described as: \$484,821.00 in U.S. Currency. Control Number 20-F-25 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

7/23, 7/30, 8/6 (20-170)

PUBLISHED NOTICE OF
SEIZURE AND JUDICIAL
FORFEITURE

On June 16th, 2020, Agents from the Humboldt County Drug Enforcement Unit seized property for forfeiture from 2031 Eich Road, Eureka, California, in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California. The seized property is described as: \$229,880.00 in U.S. Currency. Control Number 20-F-27 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-172)

PUBLISHED NOTICE OF
SEIZURE AND JUDICIAL
FORFEITURE

On June 16th, 2020, Agents from the Humboldt County Drug Enforcement Unit seized property for forfeiture from 250 5th Street, Eureka, California, in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California. The seized property is described as: \$140,154.00 in U.S. Currency. Control Number 20-F-27

has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-171)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On March 10th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Highway 101 @ Murray Road, in McKinleyville, California. The seized property is described as: \$9,120.00 US currency and Control Number 20-F-13 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

7/23, 7/30, 8/6 (20-174)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On April 13th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11366 of the Health and Safety Code of California from US-101 just south of McCullens Avenue in Eureka, California. The seized property is described as: \$3,115.00 US currency and Control Number 20-F-17 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-178)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On April 15th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from E Street in Eureka, California. The seized property is described as: \$3,139.00 US currency and Control Number 20-F-19 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-180)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On February 5th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled

substance violations, to wit, Section 11351 of the Health and Safety Code of California from West Hawthorne Street in Eureka, California. The seized property is described as: \$3,037.00 US currency and Control Number 20-F-16 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-177)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On February 6th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Arcata, California. The seized property is described as: \$5,330.00 US currency and Control Number 20-F-14 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-175)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On January 29th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from Fairfield Street in Eureka, California. The seized property is described as: \$17,080.00 US currency and Control Number 20-F-15 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-176)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On July 7th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from 14th and F Streets in Eureka, California. The seized property is described as: \$3,621.00 US currency and Control Number 20-F-20 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-181)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On June 18th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code

of California from Fernbridge Drive in Fernbridge, California. The seized property is described as: \$2,326.00 US currency and Control Number 20-F-23 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-184)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On June 21st, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from C Avenue in McKinleyville, California. The seized property is described as: \$8,745.00 US currency and Control Number 20-F-28 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-187)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On June 3rd, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Tobacco Road in Petrolia, California. The seized property is described as: \$8,745.00 US currency and Control Number 20-F-26 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-186)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On May 20th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Moon Drive in Hoopa, California. The seized property is described as: \$4,220.00 US currency and Control Number 20-F-24 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-185)

PUBLISHED NOTICE OF
SEIZURE AND NON-JUDICIAL
FORFEITURE

On May 25th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Thorne Road @

Ettersburg Road in Briceland, California. The seized property is described as: \$3,115.00 US currency and Control Number 20-F-18 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-179)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On May 26th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from APN#: 530-141-002-000 in Weitchpec, California. The seized property is described as: \$7,443.00 US currency and Control Number 20-F-21 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

7/23, 7/30, 8/6 (20-182)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On May 27th, 2020, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from APN#: 208-341-022-000 in California. The seized property is described as: \$12,729.00 US currency and Control Number 20-F-22 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney

7/23, 7/30, 8/6 (20-183)

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON IN AND FOR THE COUNTY OF KING, JUVENILE DEPARTMENT IN RE THE DEPENDENCY OF: ZANE XAVEOUR-ZAQUION BLASINGAME DOB: 04/14/2004 NO: 19-7-02656-0 KNT NOTICE OF HEARING

TO: Vanessa B. Blasingame, Mother; Unknown Father , and/or anyone claiming parental/paternal rights or interest in the child and to All Whom It May Concern:

On November 8, 2019, a petition for Dependency was filed in the above entitled Court, pursuant to RCW 13.34.080 and/or RCW 26.33.310 regarding the above named child.

[FOR FURTHER INFORMATION, CALL 253-372-5738, 8:00 a.m. - 4:30 p.m.]

Said Petition will be heard on August 25, 2020, at the hour of 8:15 a.m., at Regional Justice Center Courthouse, Rm 1-L, 401 4th Ave North, Kent, WA 98032. Appear-

ance at this hearing is required and may be in person or by telephone. Parties may appear by telephone by calling 206-263-8114 and using the following PIN number to join the call: for Kent cases - 3026939#, before a judge of the above entitled court, at which time you are directed to appear and answer the said petition or the petition will be granted and action will be taken by the court such as shall appear to be for the welfare of the said child.

Dated July 20, 2020.

BARBARA MINER
KING COUNTY
SUPERIOR COURT CLERK

BY: AMD, Deputy Clerk

7/23, 7/30, 8/6 (20-173)

NOTICE OF SALE PUBLIC AUCTION

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell the following tenants' units at a public auction by competitive bidding on August 7th, 2020 at noon, on the premises where said property has been stored and which are located at South Bay Mini-Storage, 2031 Eich Road, Eureka, County of Humboldt, State of California, as follows. Household and miscellaneous items to be sold include but are not limited to the following:

Unit#120 Ryan Moon -Bookshelf, camping gear, end table, dvds
Unit#326 Candie Kiggins - Scooters, tools, flower pots
Unit#340 Dora Bateman -Fishing gear, tool box, camping gear, dolls
Unit#417 Eva Barber - Womens clothes
Unit#456 Alma Ahumada-Mendoza - Clothes, TV, TV stand
Unit#525 Marianne Henderson - TV, bed frame, furniture, dishes, frames, rugs
Unit#701 Sirrena Harvey -crib, furniture, stereo receiver, toys, camping gear
Unit#827 Sirrena Harvey - furniture, camping gear, gardening pots, tools

Purchases must be paid for at the time of purchase in cash only. All purchased items are sold "as is" and must be removed from the premises within 24 hours. Sale is subject to cancellation in the event of a settlement between owner and obligated party. Deposit of \$100.00 is required on each unit purchased. Bring a flashlight and padlock(s). Dated this 23rd and 30th day of August 2020.
CA BOND NO. 0336118

7/23, 7/30

FICTITIOUS BUSINESS NAME STATEMENT 20-00299

The following person is doing Business as
MOONDANCE CLEANING

Humboldt
2035 Upper Bay Rd
Arcata, CA 95521

Samuel P Hood
2035 Upper Bay Rd
Arcata, CA 95521

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Samuel P Hood, Owner
This June 22, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/2, 7/9, 7/16, 7/23 (20-153)

FICTITIOUS BUSINESS NAME STATEMENT 20-00314

The following person is doing Business as
HUMBOLDT APOTHECARY

Humboldt
953 Ox Road
Trinidad, CA 95570

600 F Street Suite 3-1010
Arcata, CA 95521

In Clover Management Services, Inc.
CA 4080862
953 Ox Road
Trinidad, CA 95570

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on June 12, 2020 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Gillian Levy, Managing Director
This June 23, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/9, 7/16, 7/23, 7/30 (20-163)

FICTITIOUS BUSINESS NAME STATEMENT 20-00318

The following person is doing Business as
ANNIE'S CAMBODIAN CUISINE

Humboldt
1917 5th Street
Eureka, CA 95501

Chin T Chau
5423 Alpine Ct.
Eureka, CA 95503

Sithol H Chau
5423 Alpine Ct.
Eureka, CA 95503

The business is conducted by a Married Couple. The date registrant commenced to transact business under the fictitious business name or name listed above on June 26, 2020 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Chin T. Chau, Owner
This June 26, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/9, 7/16, 7/23, 7/30 (20-155)

FICTITIOUS BUSINESS NAME STATEMENT 20-00310

The following person is doing Business as
KUDA CANNABIS

Humboldt
920 Samoa Blvd, Suite 219
Arcata, CA 95521

Indra Valley Strategic Marketing Group, LLC
California 201711110520
920 Samoa Blvd, Suite 219
Arcata, CA 95521

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on July 7, 2017 I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Max Petras, Member/Manager
This June 24, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/9, 7/16, 7/23, 7/30 (20-157)

FICTITIOUS BUSINESS NAME STATEMENT 20-00268

The following person is doing Business as
T & C TRACTOR SERVICES

Humboldt
1232 5th Street
Eureka, CA 95501

511 Glenwood Lane
McKinleyville, CA 95519

Steven M Schuette
511 Glenwood Lane
McKinleyville, CA 95519

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Steven Schuette, Owner
This June 10, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/9, 7/16, 7/23, 7/30 (20-156)

FICTITIOUS BUSINESS NAME STATEMENT 20-00311

The following person is doing Business as
LOW & SLOW BBQ

Humboldt
313 Chartin Rd.
Blue Lake, CA 95525

684 Redmond Rd.
Eureka, CA 95503

Bill P Strand
684 Redmond Rd.
Eureka, CA 95503

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Bill Strand, Sole Proprietor
This June 24, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

7/9, 7/16, 7/23, 7/30 (20-154)



REQUEST FOR PROPOSALS
First 5 Humboldt, a local government agency, seeks proposals for Brand Strategy & Messaging Consultation. See www.first5humboldt.org for details. Due 7/24/20



REQUEST FOR BIDS
First 5 Humboldt requests bids for Home Visiting Project Coordination. See www.first5humboldt.org for details. Proposals due July 27th, 2020



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www.northcoastjournal.com



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LEGAL NOTICES

FICTITIOUS BUSINESS NAME
STATEMENT 20-00317

The following person is doing Business as
YOUTH ART WILL SUCCEED

Humboldt
2500 Spring St.
Eureka, CA 95501

Aundrea K Stuckey
2500 Spring St.
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Aundrea K. Stuckey, Owner
This June 26, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk
7/16, 7/23, 7/30, 8/6 (20-164)

FICTITIOUS BUSINESS NAME
STATEMENT 20-00334

The following person is doing Business as
FORTUNA WHEEL AND BRAKE SERVICE

Humboldt
440 S Fortuna Blvd
Fortuna, CA 95540

Ryan A Walters
3326 Kenmar Rd
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on August 25, 2008
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ryan A Walters, Owner
This July 8, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk
7/23, 7/30, 8/6, 8/13 (20-169)

FICTITIOUS BUSINESS NAME
STATEMENT 20-00355

The following person is doing Business as
WHOLISTIC BODYWORK

Humboldt
30 Esther Lane
Arcata, CA 95521

Terra Pearson

30 Esther Lane
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on June, 26, 2019
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Terra Pearson, Owner/Massage Therapist
This July 14, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk
7/23, 7/30, 8/6, 8/13 (20-190)

FICTITIOUS BUSINESS NAME
STATEMENT 20-00352

The following person is doing Business as
THE GRIND CAFE

Humboldt
734 5th St
Eureka, CA 95501

John D Pegg
1465 Murray Rd
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s John D Pegg, Owner
This July 14, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk
7/23, 7/30, 8/6, 8/13 (20-188)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME JULES
TRISTAN CORONADO-BROWN
CASE NO. CV2000518 SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825
FIFTH ST. EUREKA, CA. 95501**

PETITION OF:
JULES TRISTAN CORONADO-BROWN
for a decree changing names as follows:
Present name
JULES TRISTAN CORONADO-BROWN
to Proposed Name
JULES TRISTAN CORONADO
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for

change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: July 24, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: June 1, 2020
Filed: June 1, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
7/2, 7/9, 7/16, 7/23 (20-151)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
KAILEE JADE GAITAN
CASE NO. CV2000668
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
KAILEE JADE GAITAN
for a decree changing names as follows:
Present name
KAILEE JADE GAITAN
to Proposed Name
KYLEE JADE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: August 21, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: July 7, 2020
Filed: July 8, 2020
/s/ Kelly L. Neel
Judge of the Superior Court
7/16, 7/23, 7/30, 8/6 (20-165)

LEGALS?

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EMPLOYMENT

Opportunities

**AMERICAN STAR
PRIVATE SECURITY**

Is now hiring. Clean record.
Drivers license required.
Must own vehicle. Apply at
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(707) 476-9262.

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Needed to help Elderly
Visiting Angels
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Competitive salary,
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Are you passionate about making a difference in your community? Are you tired of mundane cubicle jobs and want to join a friendly, devoted community with limitless potential?

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Apply at: 2370 Buhne Street, Eureka
707-442-5721



The Hoopa Valley Tribe is accepting applications to fill the following vacant position:

SERGEANT

Hoopa Tribal Police Department
Regular, F/T, Salary: \$32.50/hr.

Under general supervision of the Chief of Police or his authorized designee shall perform a wide variety of peace officer duties involving the protection of life and property; enforcement of applicable laws and ordinances of the Hoopa Valley Tribe, as authorized. Duties shall include planning, directing, supervising, assigning, reviewing, and participating in the work of the Police Department staff involved in traffic and field patrol; such as investigations, crime prevention, community relations, and related services and activities.

Minimum Qualifications: Must have High School Diploma or GED; three (3) years of related experience and/or training. Must possess a valid P.O.S.T Law Enforcement Academy or Indian Police Academy Certificate. Must possess a P.O.S.T. Intermediate Certification or completion of a P.O.S.T Supervisory Course; OR able to obtain within 1 year of hire. Must pass a full law enforcement background investigation in compliance with P.O.S.T. Standards and/or as required by the Federal Police Officer Standard; 25 C.F.R. 12 Indian Country Law Enforcement, 18 U.S.C. 922, Gun Control Act, Executive Order 12968, Adjudicative Guideline, Public Law 101-630; Indian Child Protection and Family Violence Prevention Act, 25 C.F.R. 63 – Implementation of Public Law 101-630, Crime Control Act – Subchapter V-Child Care Worker, Employee Background Checks; Public Law 101-647, which shall include a criminal history check, including fingerprints. Must possess valid CPR/First Aid Certificates. Must possess a Valid CA Driver's License and insurable. This position is classified as safety-sensitive.

DEADLINE: AUGUST 21, 2020

For job descriptions and employment applications, contact the Human Resources/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 20 or email hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position:

POLICE OFFICER

Hoopa Tribal Police Department
Regular, F/T, Salary: \$25.63/hr

Performs a wide variety of peace officer duties involving the protection of life and property, enforcement of laws and Tribal Ordinances, criminal investigation, crime prevention and suppression, case preparation and testimony, and providing information and assistance to the public.

Minimum Requirements: Must possess a High School Diploma or GED. Must possess a Basic Academy Certificate from a California P.O.S.T. approved academy. Must possess and maintain firearms qualifications. Must have a Valid CA Driver's License and be insurable. Must successfully pass a Title 30A Employment Background and a California Police Officer Standards and Training (P.O.S.T.) background check.

DEADLINE: AUGUST 21, 2020

For job descriptions and employment applications, contact the Human Resources/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 20 or email hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.



Assistant Finance Director

This position provides contractual and financial oversight of Northern CA SBDC Regional Network. Responsibilities include planning, organizing, implementing, managing evaluating financial aspects of the network.

Asst Finance Director is responsible for initiating, coordinating and ensuring compliance with procedures, including personnel and fiscal activities. Responsible for the supervision of support staff.

APPLY TODAY!

Wage: \$30-40/hr. DOE

Hours: Full Time Benefitted

Location: HSU Campus, Arcata

Deadline: July 17, 5pm

For details visit:

<https://hraps.humboldt.edu/other-employment>



Dentist & Dental Assistant Position

Southern Trinity Health Services, Inc. (STHS) is a Federally Qualified Health Center that provides Dental, Medical and Behavioral Health services. STHS prides itself on satisfying patient needs, providing high quality general and specialty dental services, and offering patient comfort that is second to none. STHS believes in providing a positive professional experience so that your goals can be achieved.

Dentist

We have an outstanding Associate Opportunity for an experienced General Dentist to join us in our Scotia location, serving in this underserved area of Northern California and assist us in continuing to provide a strong commitment to long-term dental care for the whole family.

You will enjoy:

- Highly trained and dedicated staff to support you.
- No Day-to-Day headaches of Managing a Practice
- Guaranteed base salary, with additional performance incentives based on production.
- Well-established and growing patient base

Full Time Dentist Benefits Package:

- Company paid professional liability insurance
- Continuing education
- Medical Insurance
- Dental Plan
- Life Insurance
- Vision Insurance
- 401K retirement fund
- Short Term Disability (state provided)
- Eligible to apply for student loan repayment with the federal government
- 11 paid holidays, 5 sick days, earn up to 3 weeks paid vacation in the first year.

Dental Assistant

Dental Assistant (DA) opening in our Scotia and Weaverville, CA location. Southern Trinity Health Services, Inc, is looking for DA that is friendly & enjoys Dental Assisting. This will be a Full-Time position Monday – Friday.

Requirements:

- Minimum 1 year EXPERIENCE AS A DA a MUST!
- Ensure patients confidentiality by adhering to HIPPA policies.
- Able to take digital xrays
- Positive attitude
- Organized and self-starter
- Assists dentist with extractions, crown preparations, endo, and periodontal
- Must be able to make a great first impression- professional appearance and demeanor
- Detail oriented, enjoy working in an ever changing environment, and able to multi task
- Follows directions, being a Team Player is a must!!!
- Must have excellent communication skills (both verbal & written)
- Perform any other duties requested by management to ensure patient satisfaction

The organization provides excellent benefits, if interested please submit your cover letter and resume to hr@sthscclinic.org



SoHum Health is HIRING

Interested applicants are encouraged to visit and apply online at www.SHCHD.org or in person at 733 Cedar Street, Garberville (707) 923-3921

CURRENT JOB OPENINGS

NURSE MANAGER - EMERGENCY DEPT/ACUTE

Full Time Position. Critical Access Hospital; 4-bed Emergency room & 9-bed Acute care unit, seeking an ER/Acute Care Nurse Manager to provide leadership, administrative responsibility and oversight of the ER and Acute care departments. Current California RN license required. BSN, PALS, & ACLS required. Minimum 2 years ER experience required. Minimum 1 year Management Experience strongly preferred.

INFECTION PREVENTION / EMPLOYEE HEALTH

Full Time Position. Position includes, but is not limited to, infection monitoring and reporting, infection risk assessment and prevention, policy and procedure development, staff education, and outbreak management. Employee Health role includes new employee and annual health assessments, immunization programs, exposure management, and safe patient handling programs. Must be able to communicate clearly, verbally and in writing to interface with employees, medical staff, and state, local, and federal health departments and programs. BSN preferred. Certification in Infection Control (CIC) preferred, but willing to train the right candidate.

X-RAY/ CT RADIOLOGIC TECHNOLOGIST

Full Time Position. Performs exams utilizing the principles of ALARA. Current certification in Diagnostic Radiologic Technology (CRT), Current American Registry of Radiologic Technologist license (AART) in radiology and CT required. Current additional California certificate (Fluoroscopy not applicable) or AART license preferred. Valid California Venipuncture certificate required. Current BLS required. Minimum 1 year radiology experience performing a variety of musculoskeletal exams and trauma radiography experience strongly preferred. Prior experience working with EMR (electronic medical records) required. Satisfactory completion of an AMA approved program in Radiologic Technology required.

LICENSED VOCATIONAL NURSE – CLINIC & HOME VISITS

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week, Monday - Friday. Current California LVN license and BLS certification required. Work 8 or 10 -hour shifts in our outpatient Rural Health Clinic and at patient homes.

ER/ACUTE CARE REGISTERED NURSE

Full-Time, 12-hour shift, 3 days/week. Current California RN License, BLS, ACLS, & PALS certification required. Work 12-hour shifts in our critical access acute care & emergency room.

QUALITY SPECIALIST

Part-Time. High school diploma or equivalent, writing skills, knowledge of medical terminology. Work part-time in Quality Department in assistance to the Quality Manager.

Eligible New Hires Qualify for Benefits on their 1st day of Employment!

SHCHD minimum wage start at \$16.00 per hour featuring an exceptional benefits package, including an employee discount program for services offered at SHCHD.

Updated 6/02/2020

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CAREGIVERS NEEDED NOW! Work from the comfort of your home. We are seeking caring people with a bedroom to spare to help support adults with special needs. Receive ongoing training and support and a monthly stipend of \$1200-\$4000+ a month. Call Sharon for more information at 707-442-4500 ext 16 or visit www.mentorswanted.com to learn more.



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MARKETPLACE

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FUND - Anyone that was inappropriately touched by a Scout leader deserves justice and financial compensation! Victims may be eligible for a significant cash settlement. Time to file is limited. Call Now! 844-896-8216 (AAN CAN)

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STRUGGLING WITH YOUR PRIVATE STUDENT LOAN PAYMENT? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 888-670-5631 (Mon-Fri 9am-5pm Eastern) (AAN CAN)

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BIG BAR – HOME ON ACREAGE - \$269,000

Bright and sunny 2/2 home on ±1.5 acres with a large metal building, additional workshop, and nice covered deck to enjoy the beautiful mountain views.

WILLOW CREEK – HOME ON ACREAGE - \$1,150,000

Stunning ±4.5 acre river front property just minutes from Downtown Willow Creek! Parcel features a grand main 2/3 home, secondary 2/1 home, pool, outdoor kitchen, outbuildings, orchard, and trail to the river!



ALDERPOINT – LAND/PROPERTY - \$395,000

±70 Flat acres w/ .5 mile of Eel River frontage featuring cabin, outbuildings, power, meadows, and views!



BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development



BACK ON THE MARKET



REDUCED PRICE!

CUTTEN – LAND/PROPERTY - \$450,000

±9.25 Acres in Cutten/Ridgewood area! Property has redwoods, open meadows, a skid road, and the potential to subdivide.



WILLOW CREEK – LAND/PROPERTY - \$550,000

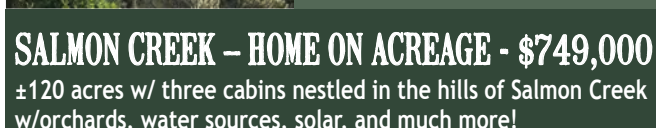
±160 Acres on 2 parcels w/ meadows, springs, views, merchantable timber.



NEW LISTING!

WEAVERVILLE – LAND/PROPERTY - \$109,000

±40 Acres close to Weaverville with beautiful views just waiting for you! Property features power close by and buildable flats.



SALMON CREEK – HOME ON ACREAGE - \$749,000

±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!



SWAINS FLAT – HOME ON ACREAGE - \$139,000

River frontage property w/ a cozy 1/1 home complete dual pane windows, views, and a ¾ wrap around deck!



GARBERVILLE – HOME ON ACREAGE - \$615,000

Gorgeous 3/2, 3000 sqft home on just over an acre in Garberville! This fully fenced property features garden area, swimming pool, large shop, and so much more!

476 SUNSET LANE, WILLOW CREEK - \$210,000

Charming 2+ bed/2 bath mfg home in the Bigfoot Subdivision in Willow Creek! Features a mud/laundry room area, large step-in pantry, and beautiful views!



NEW LISTING!



BACK ON THE MARKET

WILLOW CREEK – HOME ON ACREAGE - \$328,500

±.45 Acres with 3/2 home in sunny Willow Creek! Property features redwood decks, on-demand water, and detached garage with guest room!

WILLOW CREEK – LAND/PROPERTY - \$49,900

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.



EUREKA – LAND/PROPERTY - \$135,000

2 Eureka lots totaling ±.14 acres. With permits paid for 2 commercial buildings and city services, these parcels are ready to go!

RIO DELL – LAND/PROPERTY - \$379,000

±14 Acres in Rio Dell! Spring, flat tillable land, and subdivision potential. City lot across the street included in sale. Adjacent parcels also listed for sale.



REDUCED PRICE!



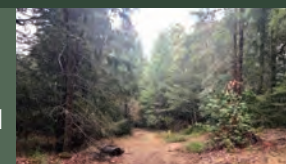
NEW LISTING!

REDWOOD VALLEY – LAND/PROPERTY - \$250,000

±39 Acres with good access, buildable flats, 3 acre conversion, lots of water, harvestable timber, firewood, wildlife, and views galore.

BURNT RANCH – LAND/PROPERTY - \$299,000

±40 Acres of eastern facing property, partially developed featuring woodlands with mixed timber, meadows, a spring, and deeded access. Elevation is at 2800 feet.



MAD RIVER – LAND/PROPERTY - \$329,000

±55 Acres in Humboldt near the County line. Property features a small cabin, barn, year round spring, meadows, and oak woodlands. Elevation at approximately 4,000'.

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